

# Beef in Black Bean Sauce

**Preparation Time:**

15 minutes

**Total Cooking Time:**

10 minutes

**Serves: 12**

## Ingredients

400gms lean rump or fillet steak  
2 T Black Bean Sauce  
2 T Soy Sauce  
1 Green Capsicum  
2 Onion  
2 t Corn Flour  
 $\frac{1}{2}$  C Water  
2 clove Garlic (crushed)  
2T Oil  
1 Lemon (sliced)



## Method

1. Trim any fat off the meat and cut into paper-thin slices.
2. Cut capsicum into 5cm cubes.
3. Cut onions into 5cm cubes
4. Mix cornflour, soy sauce and black bean sauce with the cold water and set aside in the jug.
5. Pre-heat oil in the wok
6. Add beef and fry over high heat, tossing and stirring constantly until the beef loses its redness
7. Add garlic and toss for a few seconds longer, then add the onions and capsicum and fry for 3 minutes stirring all the time.
8. Remove from heat and add sauce mixture.
9. Return to low heat, cover and simmer for no more than 5 minutes
10. Serve on a bed of rice, garnish with lemon.

# Prawn Crackers

## Ingredients

8 Prawn Crackers

Oil (for Deep Frying)

## Method

1. Collect Ingredients
2. Preheat oil to correct temperature
3. Cook 2 prawn crackers for approximately 30-40 seconds (or until they are completely puffed up but not going brown)
4. Drain on absorbent paper
5. Serve with fish and vegetables

